

# Martial Arts Exercise Device and Method

## Abstract

A voice-controlled martial arts exercise device is comprised of targets for the user to strike with hands, feet, elbows, or knees. A processor system is interfaced to recognize voice commands from the user and to detect when a target has been hit and also controls a pixelized visual display and audio system. These elements are used to provide an entertaining and challenging assortment of games and drills with which the user can interact by voice commands as well as by striking the targets. Additionally, motorized limbs are optionally included which can strike at the user under processor or manual control; the user must block or avoid these strikers. The method of using voice command recognition and a pixelized visual display controlled by a processor system provides unique advantages, including much more abstract and complicated interaction than is otherwise possible for a martial arts exercise system, which allows for much more entertaining and sustained use.